

# **[WAABSHKI-MIIGWAN PHASE 1 WORKBOOK]**



Thank you for joining us in the Waabshki-Miigwan Drug Court Program! Phase One is the Learning Level. It will focus on detoxification and beginning treatment. You will be introduced to the basic underlying principles of your program and meet those in the community that will assist you in your treatment. Totally commit yourself to your Waabshki-Miigwan curriculum and you will be successful. This drug court program is not easy but it is simple and achievable. Can you complete this life challenge? We think you can. Welcome.

*I told him that I hoped one day  
the Creator would make it known  
to him that it would be time to  
pass the feather on to another  
who needs it more than he does.*

*-Rita Gasco-Shepard  
Tribal Elder*

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## Week 1 - Where am I? Where will I go?

### Week-by-Week Workbook Assignments

- ☐ Watch **Wellbriety DVD#1**.
- ☐ Read the **Preface, Mission Statement, Vision Statement, Introduction, and “The Indian Twelve Steps”** in RRWB and fill out the **“The Medicine Wheel and Twelve Steps”** notes section while viewing the DVD.
- ☐ Answer questions on DVD#1 in **“Red Road to Wellbriety”** section.
- ☐ Complete **“Obtaining a Balanced Lifestyle”** questions.
- ☐ Complete **“Meet the Experts”** Assignment.
- ☐ Complete Weekly **Counseling Journal**.
- ☐ Complete Weekly **Sit Spot Journal**.



## **PREFACE**

The Medicine Wheel and the Twelve Steps program were given to us by the Creator and Elders to make an attempt to over-come our worst enemy ever: "Addiction." It is said that those of us who are affected by this disease are the very ones who must carry and nurture this healing process if we are to survive as spiritual people. The Elders and the prophecies give us little time to stop this escalating cycle before its too late.

We pray you will join us.

## **MISSION STATEMENT**

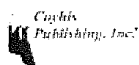
The Medicine Wheel and the Twelve Steps mission is to educate and nurture as many people of the four directions in a healing process as possible by the year 2010. By treating the Medicine Wheel program as a give-away, we pray it will travel many places and in many directions, that many brothers and sisters, young and old, of any color, will awaken to see the "new spring time" we are in.

We must create a healing forest.

## **VISION STATEMENT**

We envision our brothers and sisters awakening to sobriety, listening to the Elders, and being role models to the next generation.

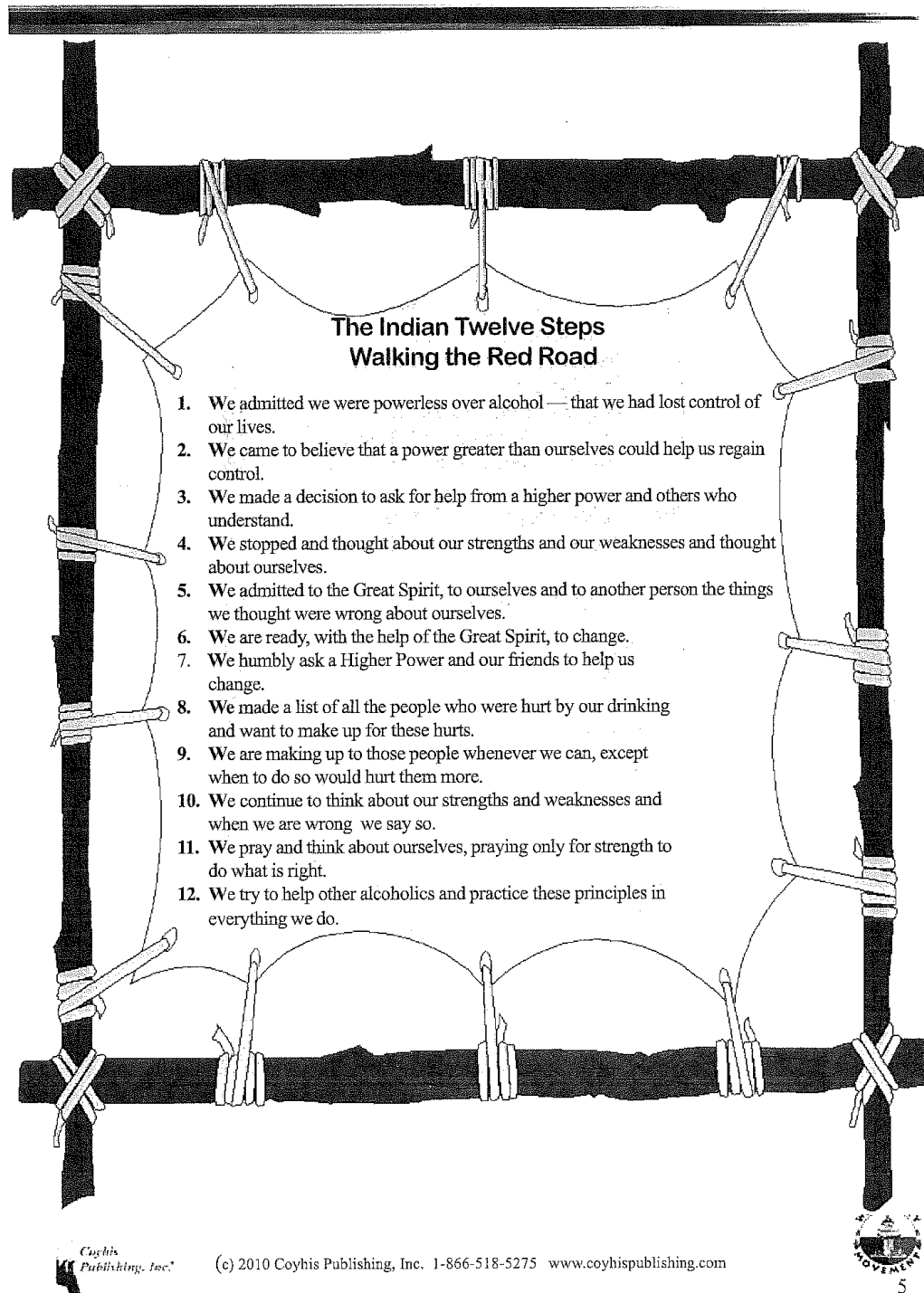
Coming back to dance, drum and take care of the Elders



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## The Medicine Wheel and Twelve Steps



### INTRODUCTION

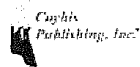
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### PROPHECIES

Notes:

RRWB: Preface, Introduction, pps. a-l; Chapter 1, pps. 1-8; Chapter 12, pps. 143-157



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## Red Road to Wellbriety

Watch DVD#1 and answer the following questions.

1. Did you enjoy DVD#1? Why? Why not?
2. What did you take from the “Medicine Wheel Teachings”
3. What have you learned about the medicine wheel that was not mentioned in the film?



## Obtaining a Balanced Lifestyle

1. Rate your physical wellness (1 to 10)
2. Do you have any health concerns?
3. Do you consider yourself physically fit? Why? Why not?
4. Do you use illegal drugs or alcohol? How often?
5. How would you like to feel physically?
6. What is holding you back from being healthy physically?

8. Rate your emotional wellness (1 to 10)
  
9. Have you have feelings of depression, anger, sadness, worry, or loneliness?
  
10. What do you do to overcome these negative feelings? (i.e. drug use, alcohol, eating, working, praying, helping others)
  
11. How do you view your relationship with your spouse, family, friends, and community?
  
12. How would you like to feel emotionally?
  
13. What is holding you back from being healthy emotionally?

14. Rate your spiritual wellness (1 to 10)

15. Do you consider yourself a spiritual person? What are your spiritual beliefs?

16. Do you believe is something greater than yourself?

17. Spiritually, where do you want to be?

18. Spiritually, what do you want to learn?

19. What if anything is slowing your spiritual growth?

20. Rate your mental wellness (1 to 10).

21. Have you met your educational goals?

22. Are you able to focus and make good decisions?

23. Have you ever been arrested as a result of a bad decision?

24. What are some of your mental wellness goals?

25. What is stopping you from obtaining your goals?

## Meet the experts

There is hope! Let's meet some people that have struggled with addiction and overcome it in order to become successful LTBB community members. Meet with three recovering people in your community that you see as role models and answer the following questions.

Recovering Mentor \_\_\_\_\_

1. What was life like for this person before recovery?
2. What happened that sparked this person's recovery?
3. How did he/she recover from a life of addiction?
4. What is his/her life like now?
5. How did you relate to this person?

Recovering Mentor \_\_\_\_\_

1. What was life like for this person before recovery?
  
  
  
  
  
  
  
  
  
  
2. What happened that sparked this person's recovery?
  
  
  
  
  
  
  
  
  
  
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5. How did you relate to this person?

## Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:



## Week 2 - What to Expect from Us? What We Expect from You?

### Week-by-Week Workbook Assignments

- ☐ Review **WMDCP Client Manual** and answer the questions in “Review Client Manual”
- ☐ **Sponsorship** Assignment
- ☐ Complete **Weekly Counseling Journal**
- ☐ Complete **Weekly Sit Spot Journal**

## Review Client Manual

1. What did you take from The White Feather Story?
2. Please share your thoughts on the A+B+C=Success formula.
3. Does the WMDCP seem like it can be accomplished? Explain.
4. Summarize the Phase 3 advancement requirements.
5. When can a WMDCP client possess Alcohol?
6. If you are going to miss a scheduled appointment what should you do?
7. Explain the 30/30/30 program.
8. Do you think that the incentives and sanctions laid out in the WMDCP are fair? Explain.
9. What is stated in the “Chemical Free Home” policy?
10. What sanction is enforced as a result of a third positive urine screen?

11. Is a sponsor mandatory for the program?
12. What is a WMDCP client's curfew?
13. Read the attendance policy and describe the sanctions enforced for offenses.
14. In what phase will you take step 5 from the twelve step program?
15. What is step 5? How do you feel about taking step 5?
16. After reviewing the Client Manual, do you have any concerns?

## Sponsorship - We can't do it alone

Choose 3 possible temporary sponsors to call and interview.

Who are the 3 candidates?

1.

2.

3.

How did you contact these people? How did your conversations go?

1.

2.

3.

Which sponsor have you decided to utilize as a temporary sponsor?

What makes this person a good fit for you?

## Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

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Important Thoughts:

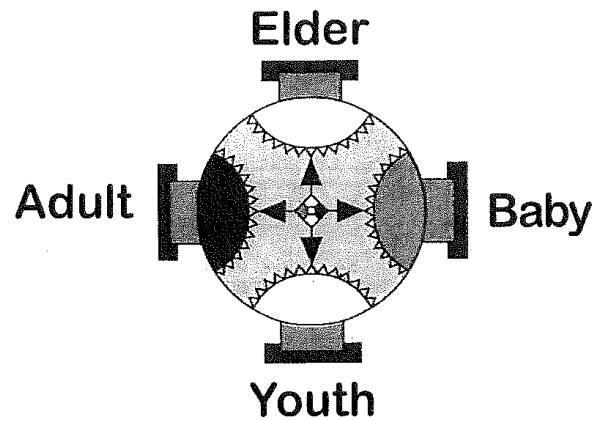
## Week 3 – Those Around Us

### Week-to-Week Workbook Assignments

- ☐ Watch **Wellbriety DVD#2** and take notes using the “**Cycle of Life**”, and “**Stages of Development**” worksheets.
- ☐ Participate in **Family and Friend Support Meeting**
- ☐ Complete **Family and Friend Support Meeting Questions** on pg. 27
- ☐ Complete **Weekly Counseling Journal**
- ☐ Complete **Weekly Sit Spot Journal**

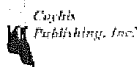


## Teachings of the Medicine Wheel: Cycle of Life



Notes:

RRWB: Chapters 10-11, pps. 117-144



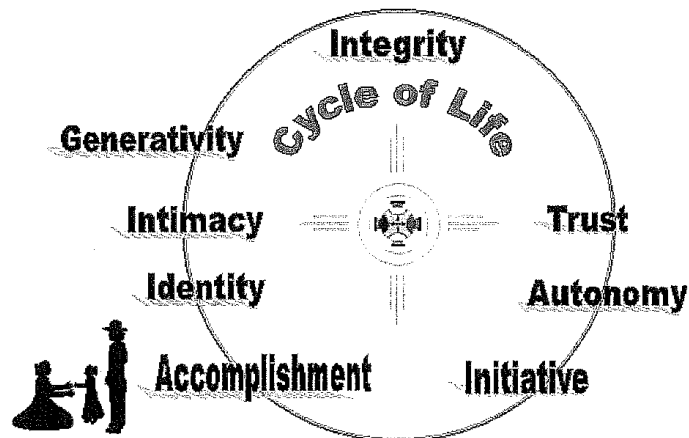
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## Teachings of the Medicine Wheel: Stages of Development



8 Feelings and 8 Thought Patterns

Notes:



Age	Healthy Development	Unhealthy Development
1st year	<b>"Trust"</b> Need TLC and body contact People are good and trustworthy The world is a good place	<b>"Mistrust"</b> Family breakup or parental rejection The world in which I live is not safe Withdrawal in later life Unable to trust and develop close relationships Possible feelings of abandonment
1-2 Years	<b>"Autonomy"</b> I love this world and want all it offers Exploration/independence Become own being by initial separation from parents Learning to make healthy choices and decisions	<b>"Shame/Doubt"</b> Overcontrolled by parents "Shame on you!" or "Bad boy/girl!" Fearful or ashamed of self in later life
3-7 Years	<b>"Initiative"</b> Active Imagination Role playing and pretend Test boundaries between imagination and reality Learning to solve and resolve problems	<b>"Guilt"</b> Told..."Don't be silly!" and "Grow up!" Made to feel foolish for using imagination Develop unreasonable fears and guilt in later life May live in fantasy and daydreams in later life
8-11 Years	<b>"Accomplishment"</b> Feel good for something and good at something Need to receive praise and recognition for accomplishments	<b>"Low Self-esteem"</b> Overly critical parent Feeling of not being good enough and lack self-confidence Feelings of unworthiness Low self-esteem later in life

Age	Healthy Development	Unhealthy Development
12-18 Years	<b>"Identity"</b> Need to belong, to be somebody Need to be recognized as your own person Develop answers to questions like: Who am I? Why am I? Where am I going? Relating to parent from an adult to adult perspective	<b>"Inferiority"</b> Lack of self-worth Low self-esteem Attract attention inappropriately Later life problems may be depression, suicide attempts, addictions
19-30 Years	<b>"Intimacy"</b> Needed for developing healthy relationships Share ideas with friends Openly share innermost thoughts and feelings Not worried about what others think of you	<b>"Isolation"</b> Coldness, inability to share thoughts and feelings Unable to form and maintain close relationships Unreasonable fears of openness and disclosure Fear of being vulnerable; constantly have your guard up
30-50 Years	<b>"Generativity"</b> Unselfish giving/sharing Give to and guide others Not looking for what's in it for me Service to others Wanting to give away what you have been given	<b>"Stagnation"</b> Self-centered/seeking Take from others What's in it for me Overly materialistic
50+ Years	<b>"Integrity"</b> Mentally healthy adult See order and worthwhileness in the world Have sense of own values, rules and code of life	<b>"Despair"</b> Fear and hopelessness Judgmental, prejudiced Can't trust others Feel world is a bad place May lack good values and conscience

## Family and Support Meeting Reflection

1. How did you benefit from your Family and Support Meeting ?
2. What did you learn about yourself in the meeting?
3. How do you think you have positively contributed to your family and community?
4. How do you think you have negatively contributed to your family and community?
5. Will you make any changes as a result of the meeting? If so, describe these changes.

## Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

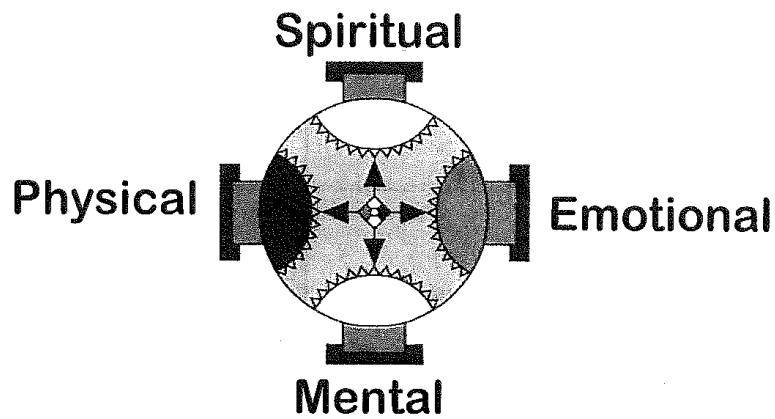
## Week 4 – How will We Start the Fire?

### Week-to-Week Workbook Assignments

- ☐ Watch **Wellbriety DVD#3**, and take notes with the “**The Four Directions of Growth**”, “**The Two Thought Systems**”, “**Reclaiming our Power**”, “**Overview of the 12 Steps**” and “**The Thought Process**” Exercises.
- ☐ Use the birch bark, steel, and flint to start your **Sunrise Fire** and complete your 4 hour Sit Spot exercise.
- ☐ Complete “**Sunrise Fire Reflections**” exercise.
- ☐ Complete **Weekly Counseling Journal**.
- ☐ Complete **Weekly Sit Spot Journal**.



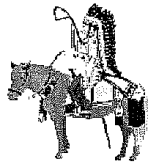
## Teachings of the Medicine Wheel: Four Directions of Growth



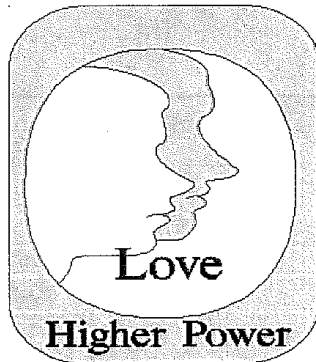
Notes:



## Teachings of the Medicine Wheel: Two Thought System

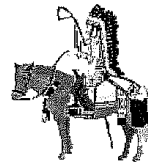


Positive Warrior



Characteristics of the  
higher power thought system

- \* Unity
- \* Harmony
- \* Balance
- \* Justice
- \* Forgiveness
- \* Respect
- \* Honor
- \* Integrity



Negative Warrior



Characteristics of the  
ego thought system

- \* Attacking
- \* Separation
- \* Judgmental
- \* Uses guilt
- \* Use shame
- \* Sarcastic
- \* Belittling
- \* Looking good
- \* Feeling good
- \* Power
- \* Control
- \* Excitement

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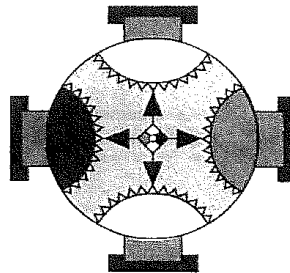




## Teachings of the Medicine Wheel: The Twelve Steps in a Circle

*Steps 10-11-12  
Finding the  
Wisdom of the Elders*

*Steps 7-8-9  
Finding Your  
Relationship  
with others*

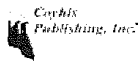


*Steps 1-2-3  
Finding the  
Creator*

*Steps 4-5-6  
Finding Yourself*

Notes:

RRWB: Chapter 4-8, pps. 35-96



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## Overview of the 12 Steps

12	
11	
10	
9	
8	
7	
6	
5	
4	Finding the things that are blocking the Vision: Resentments, Fears, Sex
3	Becoming an Orange Frog
2	New Picture: Vision
1	Powerlessness: Affects 9 areas of Unmanageability

## Instructions on Sunrise Fire

1. Make an appointment with an elder to sit with you during your meditation. Offer them tobacco when you request their help.
2. Choose a private spot to have your meditation.
3. Start the fire with the tools that you earned (flint, steel, birch bark).
4. Use the time to reflect on your experience in the WMDCP.
5. When questions arise, offer tobacco to the elder for advice.

# Sunrise Fire Reflections

6. Who will help you start your fire? How will they help you?
7. How will you start the fire of recovery and a healthy lifestyle?
8. What makes your fire burn?
9. What will happen if you stop throwing fuel on the fire?
10. How do you think the fire metaphor pertains to your life?

## Weekly Counseling Journal

Date:

1. What did you learn about yourself this week?

2. How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

## Week 5 – Step One, Part One

**We admitted we were powerless over\_\_\_\_\_ - and our lives  
had become unmanageable.**

### Week-to-Week Workbook Assignments

- ☐ Read both **Step 1 in the AA 12&12** and **Preface-Chapter 3, pg. 52 in the AA Big Book.**
- ☐ Complete **“Reading Essays”** exercise.
- ☐ Complete **“Identifying Relapse Triggers and Cues”** exercise.
- ☐ Secure **five phone numbers** of people in recovery who you can call when things get rough. Write them in Week-to-Week Planner.
- ☐ Complete **Weekly Counseling Journal**
- ☐ Complete **Weekly Sit Spot Journal**

## Reading Essays

How did you relate to the following readings?

1. Step 1, AA 12&12
2. Preface-Chapter 3 and pg. 52, AA Big Book

Answer the following questions.

3. List all of the ways that you have attempted, and failed, to control your addictions.
4. List all of the ways in which your life has become unmanageable, due to your addictions.
5. Describe how your life would be, if you did not have your addictions.

What new insight did you gain from the following readings?

6. Step 1, AA 12&1
7. Preface-Chapter 3 and pg. 52, AA Big Book

## Identifying Relapse Triggers and Cues: Situations and Feelings

Relapse is common, but it is preventable. Preventing relapse requires awareness of triggers and cues and a willingness to do something about it. You have the information that will help you become more aware of situations and feelings that can set you up for relapse. The purpose of this exercise is for you to ask yourself questions so you can become aware of possible relapse triggers and make a plan to cope with them so as to prevent relapse. This exercise can also be useful for family/friends to fill out as they may have different perceptions and be able to see signs that are not noticeable to the addict. If all parties are willing, it can be a helpful exercise for all to answer the questions and discuss the answers with each other.

### Assessing Risky Situations

1. Relapse is often triggered by relapse cues, sights, sounds, and situations that have often been connected with the addiction in the past. What major triggers do you have?
2. Many recovering people find that unless they are on guard, their thoughts automatically turn back to old behavior patterns when they are around the people with whom they drank, used or triggered their addiction. Who are the people, or the kind of people, with whom you usually drank or used with in the past?



3. Because some addictions, e.g. drinking and drug use, are often a social activity, you may know people who will expect you to continue to use chemicals with them. They may not understand or care about your need and desire to stay clean and sober, and may use persuasion, teasing, or argument to try to get you to relapse. In your life, who are the people most likely to exert social pressure on you to drink or use? (This list may include all or some of the people you listed in Question 1.)
4. Many recovering people find that family members, friends, or coworkers had been enabling their addiction - in other words, these people had helped them avoid the consequences or made it easier in other ways for them to continue. Please list here any people who have enabled you.
5. Many people also used their addiction to cope with stress, and sometimes relationship issues can be extremely stressful. When you think about your future, how do you think relationship difficulties might put you at risk for returning to the addiction?
6. For many people, their addiction had become part of their daily routine, something they did automatically at certain times such as just after work, after eating, or pay day. Reviewing your former daily routines, at what times of the day are you most likely to engage in your addiction?

7. Many people feel the desire to test their ability to maintain recovery in challenging situations, such as being with drinking friends, going to old hangouts, and so on. This often leads to relapse and is an unnecessary risk. In what ways have you tested your ability to stay away from your addiction?
  
8. As another way to guard against stress-induced relapse, please think about both current situations and future life events you need to be prepared to handle without resorting to your addiction. What are they?

### **Solutions to Risky Situations**

9. For each of the people you listed on Questions 2-4, ( drinking/using companions, people pressuring you to use, and enablers) please describe how you will avoid relapse triggered by this person's actions.
  
10. Looking at situations you listed on Question 1, what are the social situations that you think will place you at greatest risk for relapse?

11. What's your plan –reviewing your answers from questions 5-8, what changes are you willing and able to make - to handle the pressures and temptations to resort back to old behaviors that are associated with the situations you listed?

### **Assessing Internal Warning Signs**

12. When you experience urges or cravings, what emotions do you usually feel?
13. When you experience urges or cravings, how does your body feel?
14. As mentioned earlier, your addiction is often a tool for coping with stress - in other words, a way to change feelings we dislike to ones we are more comfortable with. What unpleasant feelings will place you at greatest risk?

### **Actions Taken When You Develop Internal Warning Signs**

15. Below are some common feelings that people have used addiction to cope with. It's important not only to be determined not to resort to old behavior in order to cope, but also to know what you will do - not having an alternative to replacement increases your risk of relapse. Next to each feeling, describe what you will do instead to cope with that feeling.
  - a. Anger
  - b. Anxiety

- c. Boredom
- d. Sadness
- e. Fatigue
- f. Fear
- g. Frustration
- h. Loneliness
- i. Indifference
- j. Self-pity
- k. Shame
- l. Depression
- m. Other feelings

## Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

## Week 6 – Step One, Part Two

**We admitted we were powerless over\_\_\_\_\_ - and our lives  
had become unmanageable.**

### Week-to-Week Workbook Assignments

- ☐ Read **Preface, Intro, and Chapters 1&2** in the RRWB
- ☐ Complete “**Reading Essays**” exercise.
- ☐ Complete **Weekly Counseling Journal**
- ☐ Complete **Weekly Sit Spot Journal**

## Reading Essays

**How did you relate to the following readings?**

1. Preface, Intro, and Chapters 1&2, RRWB

**Answer the following questions.**

2. What is the longest time I have been able to remain abstinent from drugs and alcohol?
3. What are some of the reasons I use for starting to use substances again?
4. What are the things I think I can control? How do I lie to myself, and about what?
5. What is so scary about telling the truth?

**What new insight did you gain from the following readings?**

6. Preface, Intro, and Chapters 1&2, RRWB

## Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:



## Week 7 – Step One, Part Three

**We admitted we were powerless over\_\_\_\_\_ - and our lives  
had become unmanageable**

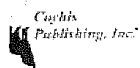
### Week-to-Week Workbook Assignments

- ☐ Carefully watch “Mind Mapping” on **Wellbriety DVD#4**.
- ☐ Complete the **Step 1 Mind Mapping** exercise.
- ☐ Complete **Weekly Counseling Journal**
- ☐ Complete **Weekly Sit Spot Journal**



## STEP ONE

We admitted we were powerless over alcohol —  
that we had lost control of our lives.



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## STEP ONE

### Facing the East

### "FINDING THE CREATOR"

*We admitted we were powerless over alcohol —  
that we had lost control of our lives.*

Principle: Honesty

#### Reading:

Big Book: Preface through Chapter 3, pps. 11-43; and Chapter 4, p. 52

RRWB: Preface & Introduction, pps. a-l; Chapter 1-2, pps. 1-24

We have admitted that our lives have become unmanageable. On page 52 in the Big Book, there is a list of nine areas in which you may be experiencing problems. Complete a mind map in each of the nine areas. Remember you are looking for situations where your life is unmanageable.  
(Example of mind map on page 31)

Trouble with personal relationships?  
Can not control our emotional nature?  
Prey to misery?  
Prey to depression?  
Can't make a living?  
Feeling of uselessness?  
Full of fear?  
Are we unhappy?  
Can not be of real help to other people?

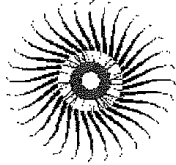
#### NOTES:



## STEP ONE

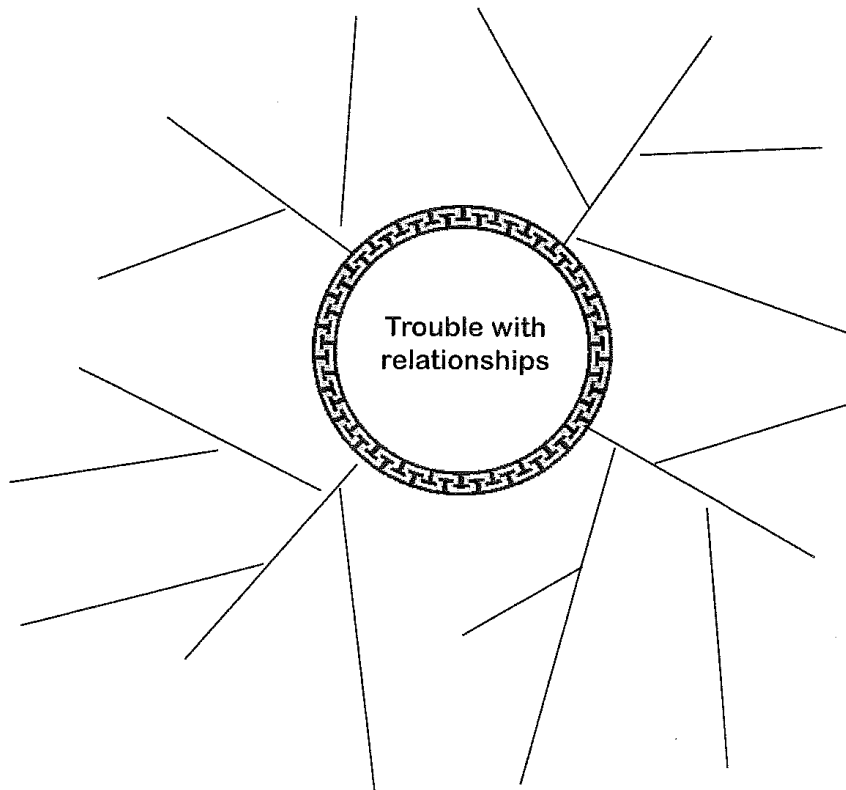
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(Mind Mapping)

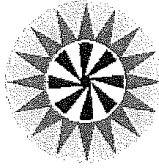




## STEP ONE

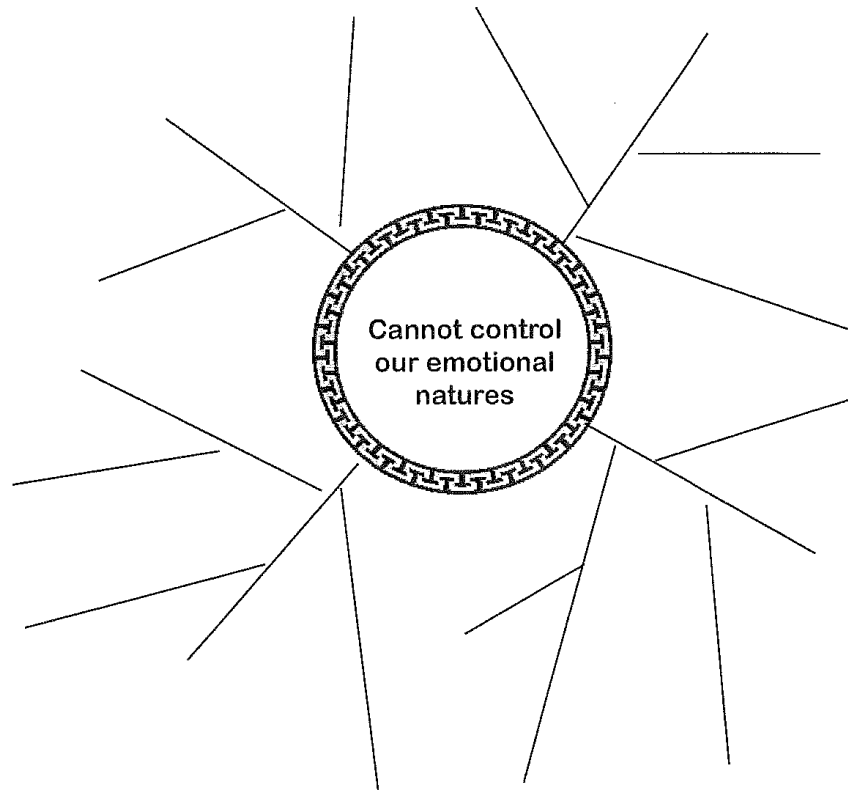
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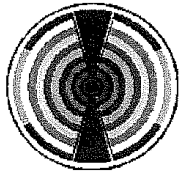




## STEP ONE

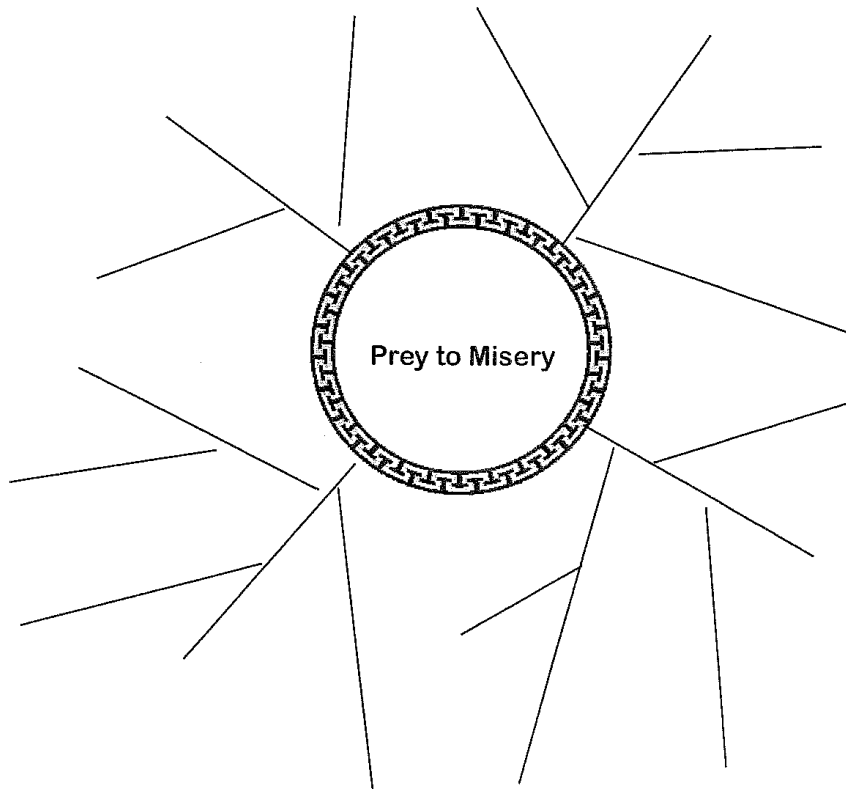
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(Mind Mapping)





## STEP ONE

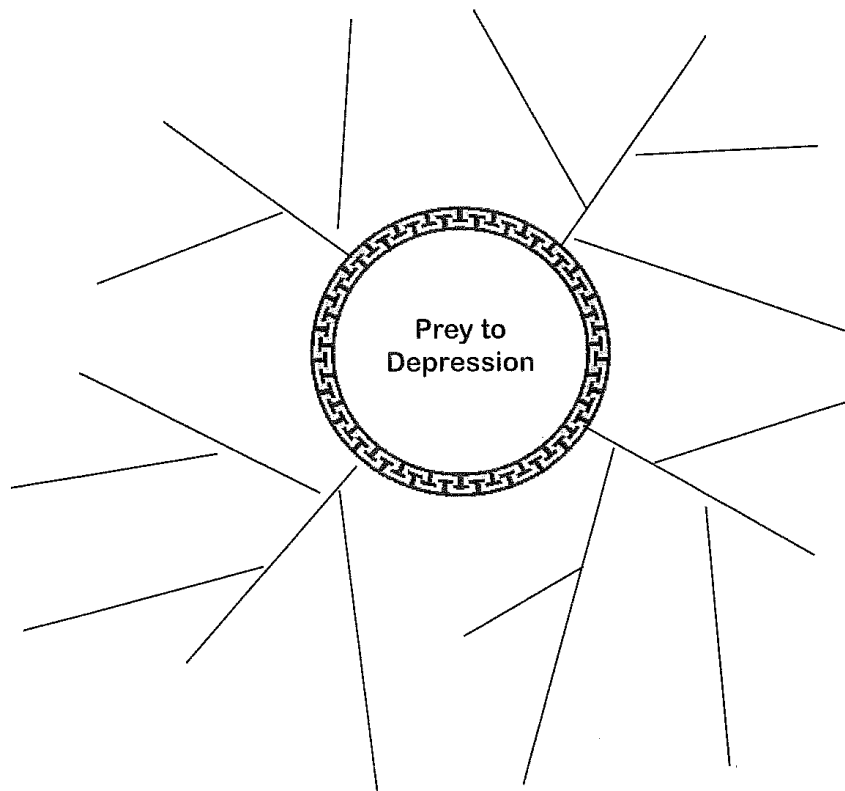
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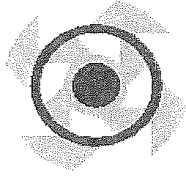


## STEP ONE

Facing the East  
(Mind Mapping)

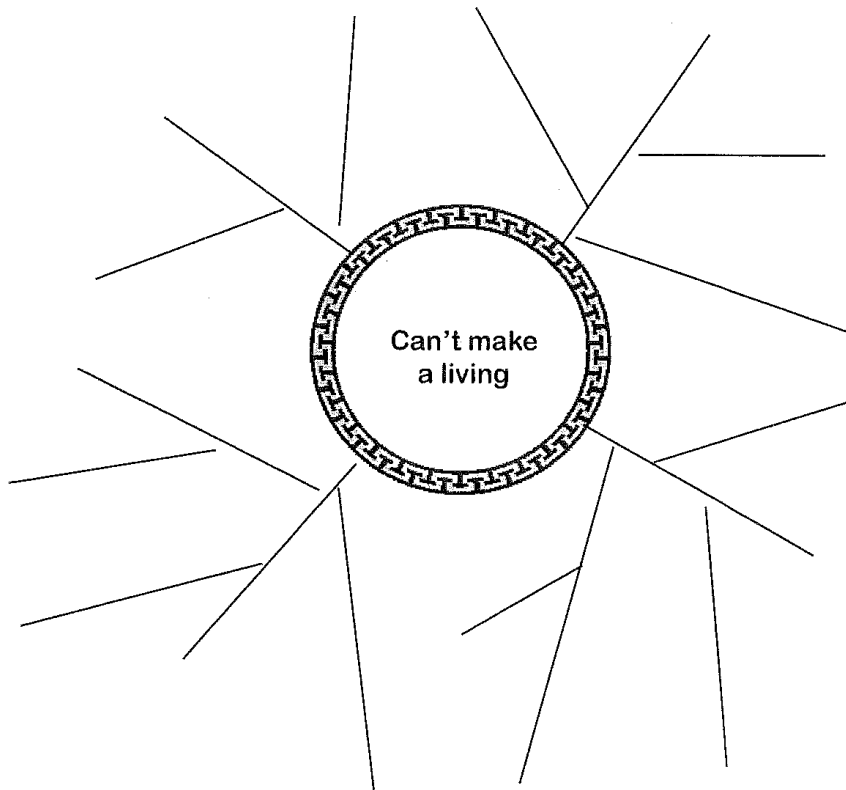


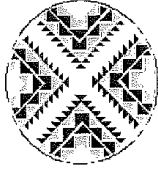




## STEP ONE

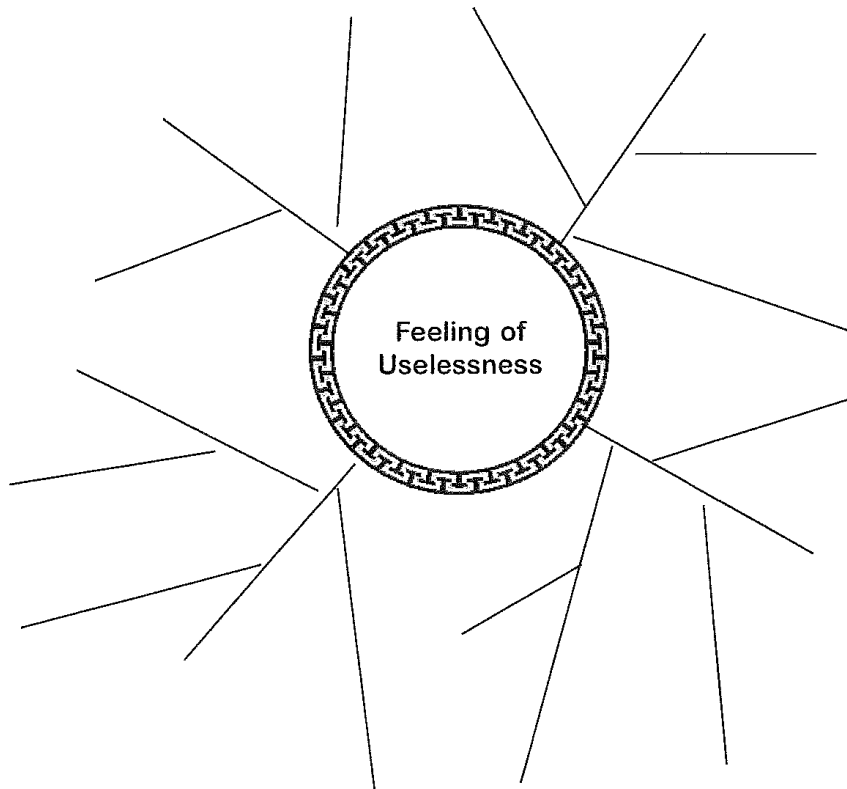
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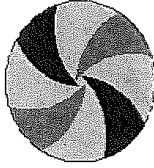




## STEP ONE

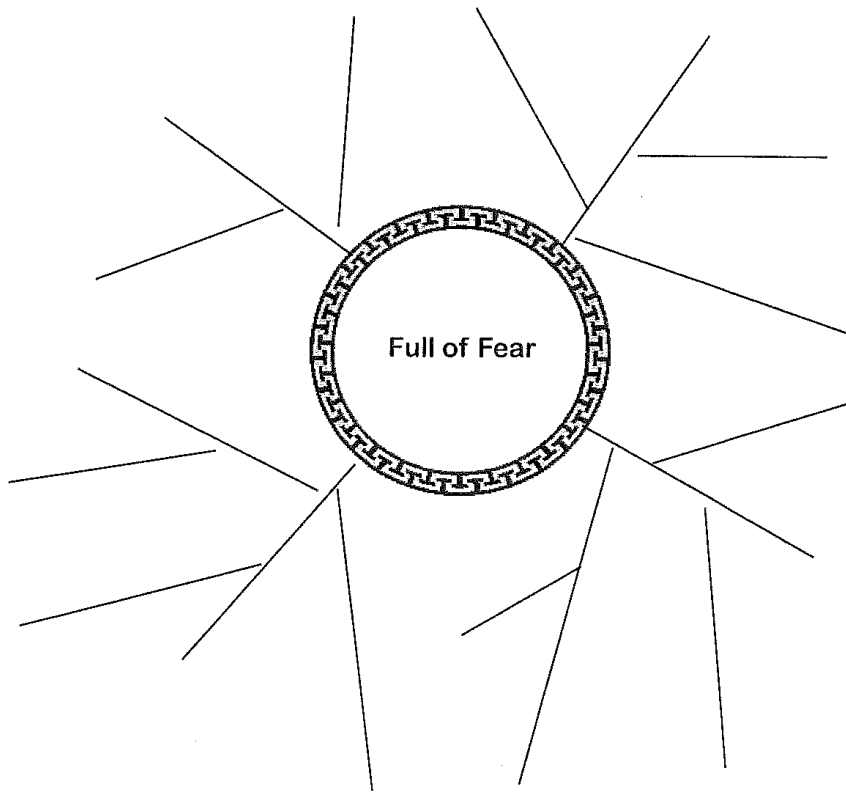
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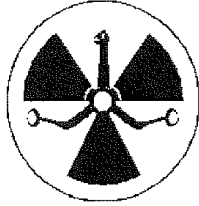




## STEP ONE

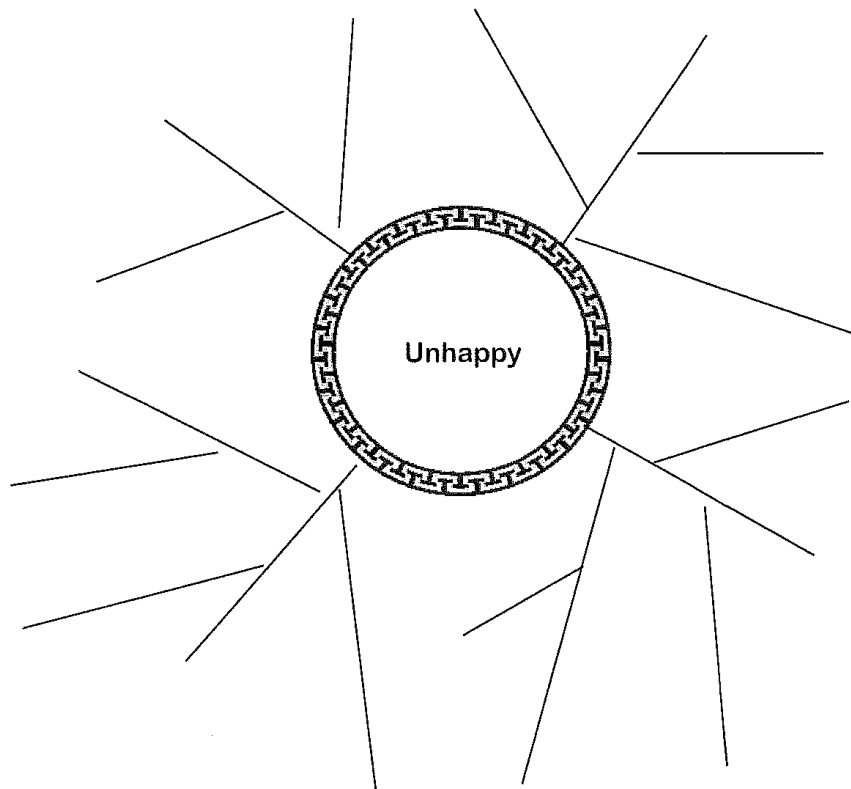
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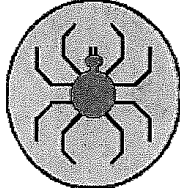




## STEP ONE

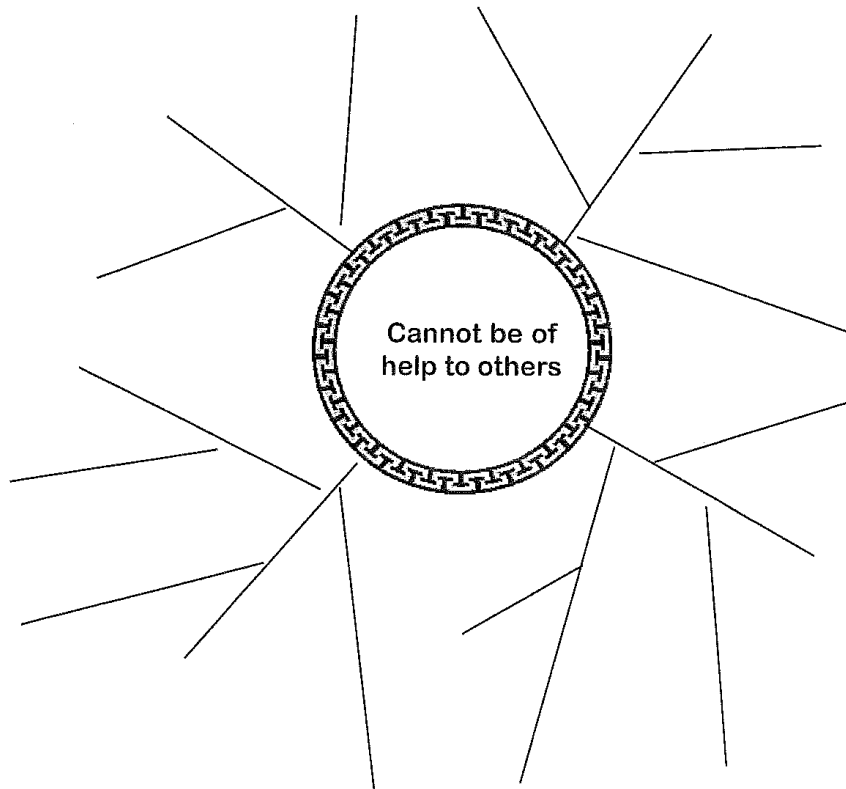
Facing the East  
(Mind Mapping)





## STEP ONE

Facing the East



## Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

## Week 8 – Presentation on Step One Accomplishment

### Week-to-Week Workbook Assignments

- ☐ Using the instructions on “**Step One Presentation**”, prepare and present **Step 1 Mind Mapping** exercise.
- ☐ Share how you felt during your Step 1 Presentation on the “**Step 1 Mind Map Presentation Reflections**” exercise.
- ☐ Complete **Weekly Counseling Journal**.
- ☐ Complete **Weekly Sit Spot Journal**.

## Step One Presentation

### Instructions

1. Reflect on your step one mind mapping exercise and choose one key area that has caused the most pain in your life to use for your presentation.
2. Explain how you would like this area of your life to change
3. Draw your chosen 1<sup>st</sup> step Mind Map on poster board for the presentation.



## Step 1 Mind Map Presentation Reflections

Were you anxious about giving your presentation? Explain how you felt throughout the presentation.

Did you gain confidence by presenting your information?

What was the most challenging aspect of the Step 1 Mind Map Presentation?

## Conclusion of Phase One

Congratulations on your completion of Phase One! Don't slow down because you're heading in the right direction. Life will keep getting better as long as you stay sober. It won't always be a breeze but it will definitely get better. Remember it's one day at a time so keep it simple.

Please take time to meet with the WMDCP Coordinator and go over the following objectives. Discuss your progress in each of the areas.

### **In Phase Two clients will:**

- ☐ Begin or strengthen their relationship with a higher power;
- ☐ Begin to see how their life could be enhanced rather than hindered in sobriety;
- ☐ Understand that their current situation is a result of their choices;
- ☐ Become willing to accept help and advice;
- ☐ Continue meeting others in recovery and seek out the fellowship of LTBB elders;
- ☐ Gain a deeper understanding of the culture of our ancestors;
- ☐ Begin to apply the principles of Alcoholics Anonymous (AA), Wellbriety, and the WMDCP;
- ☐ Complete an in-depth study on Step Two and Three of the AA/Wellbriety programs;
- ☐ Strengthen their new healthy routine with daily prayer and meditation and weekly physical activity;
- ☐ Become comfortable at the self-help meetings they attend;
- ☐ Choose a permanent sponsor; and
- ☐ Remain abstinent from drugs and alcohol.